

High RollerNEWS



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Nevada Air Guard's Thompson recognized by NAACP

*By Sgt. 1st Class Erick Studenicka
Joint Force Headquarters Public Affairs*

Nevada Air Guard Senior Master Sgt. Torry Thompson distinguished himself from the roughly 110,000 Airmen in the entire Air National Guard to receive the 2014 Roy Wilkins Renown Service Award from the NAACP in Las Vegas on Tuesday.

The Roy Wilkins Renown Service Award is presented annually to one service member from each branch of the military and one Department of Defense civilian. The award named for the former civil rights activist and leader of the NAACP

who led many of the successful civil rights campaigns in America during the 1960s.

The award recognizes military service members and Department of Defense civilian employees who have supported the DoD's mission or overseas contingency operations and whose service epitomize the qualities and core values of their respective military branch. Recipients also enthusiastically support the civil rights movement in the armed forces and federal civilian workforce.

Thompson, the superintendent in the state headquarters military personnel management office, represented the entire Air National Guard when receiving his award, which was presented during the 2014 Armed Services and Veterans Affairs Awards portion of the NAACP's 105th annual Convention. Including Thompson, only eight people received the award.

Thompson is also the State Diversity Initiatives Coordinator for the Nevada Military Department. Thompson is the first Airmen in the Nevada Guard and only Air National Guardsman in the nation who serves as both a non-commissioned officer and State Diversity Initiatives Coordinator.

"It was very humbling to be nominated. I was excited to represent the Air National Guard and the

state," said Thompson, who resides in Reno. "I'm please to work in a state where the adjutant general has made diversity a priority."

According to the NAACP, Thompson distinguished himself in 2013 by providing outstanding service and commitment in developing the Diversity, Inclusion and Equal Opportunity Education program for the 152nd Airlift Wing. He also assisted in the development of the base diversity policy that formulated the Commander's Wing Diver-

Thompson, cont. page 18



Senior Master Sgt. Torry Thompson receives the Roy Wilkins Renowned Service Award at the 2014 National Association for the Advancement of Colored People (NAACP) 39th Annual Armed Services and Veterans Affairs Awards Luncheon, Las Vegas Nevada July 22. (Photo by Tech. Sgt. Rebecca Palmer/RELEASED.)

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Commander's Corner:



*By Col. Karl Stark
152nd Airlift Wing Commander*

High Rollers,

As you know it has been customary for the Commander to provide comments in the High Roller News, which I think has made sense in past. However, in the spirit of change and innovation, I am changing the format from providing my thoughts, to allowing you to present your questions and concerns directly to me. I can then provide an answer publicly.

That being said, as you might expect, we will need to establish some rules of engagement (ROE) in order for this to be an informative and effective venue.



So, the ROE is as follows:

1) Questions/comments must be appropriate and will not name specific individuals nor will the content be malicious in nature.

2) Questions should address issues that others will have interest in.

3) I will provide answers to the top three questions that are relevant to the largest number of members. Other submitted questions will get answered directly, if appropriate.

4) Questions should be as specific as possible.

5) Please email all of your questions to sherri.clark@ang.af.mil.

High Rollers please understand that the above ROE is not intended to limit the scope of questions, it is intended to provide relevant information to our members.

I look forward to receiving your well thought out questions and concerns...and thank you for all that you do!

Very Respectfully, Col. Stark



NEW FSS ID CARD

HOURS

The FSS is pleased to announce that appointments are no longer needed for ID cards. We are now a walk in facility and see individuals on a first-come, first-served basis. However, if you would like to schedule an appointment you can now do so online at:

<https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=810>

Our hours of operation are:

Non-down Mondays, 0800-1500 & Tuesday – Friday, 0800-1600

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High Roller News

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ments, contributions and letters to the editor must be signed and include the writer's full name and mailing or email address. Letters should be brief and are subject to editing. Other print and visual submissions of general interest to our diverse civilian employees, Nevada National Guard military members, retirees and families are invited and encouraged. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or the U.S. Air Force or the Nevada Air National Guard of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap,

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**High Roller News
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Or email: 152aw.highroller@ang.af.mil

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Zac Brown Band "Salutes" Nevada Airmen and Soldiers



Nevada Air National Guard Airmen, Senior Airmen Sean Bird and Chelsea Ureta posing at the Zac Brown Band concert on July 20th at the Lake Tahoe Outdoor arena at Harveys in South Lake Tahoe.



Nevada National Guard Soldiers: Sgt. 1st Class Lukas Haaglund and Staff Sgt. Mayra Serrano and Nevada Air National Guard Airmen: Senior Airmen Chelsea Ureta and Sean Bird posing with Zac Brown at the Zac Brown Band concert on July 20th at the Lake Tahoe Outdoor arena at Harveys in South Lake Tahoe after the band brought them onto the stage to honor military members during a special rendition of their song, Chicken Fried.

The Zac Brown Band (ZBB) invited some Soldiers and Airmen from the Nevada National Guard to complimentary tickets and an on stage 'salute' during the playing of their song, Chicken Fried on Sunday, June 20th at the Lake Tahoe Outdoor Arena at Harveys. Two Nevada Army National Guard Soldiers: Sgt. 1st Class Lukas Haaglund and Staff Sgt. Mayra Serrano and Nevada Air National Guard Airmen: Senior Airmen Chelsea Ureta and Sean Bird. The ZBB seeks out local military members while headlining any show to pay tribute to our nations military and offering up free tickets and the opportunity to be saluted by the crowd on stage. The members of the Nevada National Guard that participated on June 20th were both proud and humbled:

"The concert was beyond amazing! Incredible seats, it was wonderful to meet so many people who were appreciative and supportive. I gave my VIP pass to a little girl, and the best part was that I hugged Zac Brown!!! The entire band was insanely talented and genuine! Walking on stage during "Chicken Fried" and saluting was the most humbling experience, I am so honored to serve my country. By far the best night of my entire life," said Senior Airman Chelsea Ureta of the 152nd Security Forces Squadron.

"It was a very humbling experience to be around such a wonderful pro-military crowd. This is something that we will never forget. While on stage we couldn't hear anything due to the crowd cheering so loudly. It was a true honor to represent the USAF and most importantly the Nevada Air National Guard," said Senior Airman Sean Bird of the 192nd Airlift Squadron.



Nevada Air National Guard Airmen: Senior Airmen Sean Bird and Chelsea Ureta and Nevada National Guard Soldiers: Staff Sgt. Mayra Serrano and Sgt. 1st Class Lukas Haaglund on stage, saluting the crowd, during the Zac Brown Band playing of their song, "Chicken Fried" during the verse "... salute the ones who died, the ones that give their lives, so we don't have to sacrifice ..."



Nevada Air Guard female aviators fly into History

*By Staff Sgt. Melinda Mier
152nd Airlift Wing Public Affairs*

Six female aircrew members from the Nevada Air National Guard made history on June 21st as they were the first all-female air crew to fly a tactical training mission.

The crew, all part of the 192nd Operations Squadron of the 152nd Airlift Wing, consisted of Pilot, Maj. Hillary Moynihan; Co-Pilot, Capt. Brooke Magee; Navigator, 1st. Lt. Merridy Stephenson; Loadmaster, Master Sgt. Kathleen Backlund; Flight Engineer, Tech. Sgt. Jennifer Cronin; and Loadmaster, Staff Sgt. Jana Morales.

They flew an airdrop training mission, which consisted of drop-

ping accurate simulations of pallets as they would during real-world missions.

The mission wasn't originally intended to be an all-female crew. It was by chance that crew scheduling changed and the crew assigned to the mission was all female. No one was aware of the historical value of the mission until another Guardsman made mention that they'd never seen an all-female crew fly in the Nevada Air National Guard.

According to the 192nd Operations Group commander, Col. Kyle Reid, they performed above all expectations.

"That's actually something I always expect. I expect the bar to be raised from any crew- all female, all male, regardless of gender," said Reid.

"To me, this as a non-event. I expect all my officers and enlisted to complete the mission every day, and the fact that they are male or female actually makes no difference to me. They went out and completed a mission just like I expect them to. It just happened to be all female," he added.

Backlund, who graduated Loadmaster school in 1999, has been a member of the unit ever since. She spoke about being a role model for other females.

"It shows young women that you can do cool things no matter what," she said.

Cronin reflected a similar sentiment to her fellow crewmember.

"I think being a role model as a



Nevada Air National Guard's 'first ever' all-female flight crew, from left to right: Flight Engineer, Tech. Sgt. Jennifer Cronin; Loadmaster, Staff Sgt. Jana Morales; Pilot, Maj. Hillary Moynihan; Co-Pilot, Capt. Brooke Magee; Navigator, 1st. Lt. Merridy Stephenson; and in front, Loadmaster, Master Sgt. Kathleen Backlund. (USAF Photo by SSgt Melinda Mier, 152nd Airlift Wing Public Affairs/RELEASED.)

female flyer is a big deal," she said. "It's probably the best part of being involved in all of this." Cronin, who spent four years with active duty as a munitions specialist, enlisted in the Nevada Air National Guard as a crew chief in 2008 and became a Flight Engineer in 2013.

To demonstrate the camaraderie and history the crew shares, Moynihan, who has been flying since 2001, is best friends with Backlund—going back 17 years. Magee was a former enlisted crew chief and has been with the 192nd for 16 years and has been a co-pilot since 2007. Stephenson was also a prior enlisted Airman and just returned to the 192nd after recently graduating C-130 navigator school.

Moynihan shared some of her thoughts on the flight.

"We are all friends and it just happened to work out that way. I think we're all very proud to have been a part of this historical moment."



Returning from their historical flight, from left to right: Loadmaster, Master Sgt. Kathleen Backlund; Flight Engineer, Tech. Sgt. Jennifer Cronin; Co-Pilot, Capt. Brooke Magee; Navigator, 1st. Lt. Merridy Stephenson; Loadmaster, Staff Sgt. Jana Morales; and Pilot, Maj. Hillary Moynihan. (USAF Photo by SSgt Melinda Mier, 152nd Airlift Wing Public Affairs/RELEASED.)



VETERAN SMALL BUSINESS BENEFITS HELP AIRMAN'S BELT BUCKLE BUSINESS SHINE

*By Tech. Sgt. Eric Ritter
152nd Airlift Squadron
Public Affairs*

She's employed as a traditional Guard member two days a month with the Nevada Air National Guard's 152nd Logistics Readiness Squadron. But, she wears the pants with her own belt buckle business the remainder of the time. Airman 1st Class Wendy Ozburn is practically re-inventing the "Vetrepreneur" spirit for military veterans in the small business world.

Vetrepreneurs are essentially veterans or even family members of veterans who use benefits offered from state, federal and some private organizations who are looking to open their own business. Those benefits may be from a franchise, from a larger corporation, or in Ozburn's case, opening a small business from the ground-up.

Ozburn began developing her business, Blue Ribbon Belt Buckles, in 2011. That was before she joined the military. However, after she completed her initial training and returned back to the Nevada Air National Guard, she learned of veteran benefits available to her while trying to grow her business.

"I met with Fred Barton from Family Services here on base when I came back from tech school," Ozburn said. "He said you'd be surprised how many people don't know their benefits as a veteran. He mentioned some of the benefits the government was offering veterans who are interested in owning a small business. That really got my atten-

tion, because that's what I was really interested in learning more about. All the other benefits I could find on the internet, but the small business stuff was something I wanted to really explore."

Small business ownership is nothing new to Guard members. It's actually very common to find someone in the Guard who is a business owner. However, even in those cases, those business owners may not be using all of the benefits available to them. There are often extra benefits if you're a female or a member of specific minority groups. Ozburn said using specific women veteran benefits like the Veteran Women Igniting the Spirit of Entrepreneurship (VWISE) has given her the boost she needed to raise some much-needed capital.

Ozburn said she recommends those who are looking for small-business veteran's benefits should begin with contacting the Small Business Administration. But, before that, you should have your business plan ready to go. She added, the better prepared you are from the beginning, the more likely you'll have access to the maximum amount of benefits. Ozburn also stated that some of the veteran benefits don't just add funds as part of the benefit, but they may also invite you to a few select conferences where you learn better business practices and presentation.

"I got an invite from the Small Business Administration through a VWISE cooperative agreement to go to a conference in Long Beach (California) where they wanted to



Airman 1st Class Wendy Ozburn, wearing one of her own belt buckles made by her business, took full advantage of her military benefits to start her small business. (USAF Photo by Tech. Sgt. Eric Ritter, 152nd Airlift Wing Public Affairs/RELEASED)

help focus the marketing skills of the other female veteran businesses owners," she said. "We were given the chance to pitch our business model to a guest speaker who was also a Vetrepreneur and wanted to see how strongly the model looked. Everyone was so impressed with the passion I put into the presentation that they said I was going to be the next millionaire after that meeting."

Ozburn said the over-all process of finding all the benefits was amazing. "Every time I learned about one opportunity, I learned there was another opportunity from that one," she explained. "Some veterans feel some of those opportunities don't really apply to them. But, you don't have anything to lose looking into

Belt buckle, cont. Page 11

Recruiting and Retention Notes

Happy August High Rollers! We wanted to take the time and welcome Master Sgt. Paul Hinen back to the family; he was away at school learning about how awesome recruiting and retention is. Good news is he is home and was the Distinguished Graduate for his recruiting class. A truly hard accomplishment but with his resume it comes as no surprise.

We also wanted to recognize Tech. Sgt. Din for being an amazing recruiter. She enlisted 10 new members to our family in the month of July. As a "rookie" this is a phenomenal feat. Senior recruiters could possibly see this goal around year three, for her to do this in under a year it is amazing. Great job Din and keep up the great work!

Want to know about bonuses? Currently enlistment bonuses for non prior services recruits are 20k and 15k for prior service members; these are only available for career fields that are identified by NGB or our state as critical career fields.

Contact a recruiter or retainer for more info.

In September recruiting could use some help. We will be hosting a national recruiting asset at the Reno Air Races September 10-14. Please contact Master Sgt. Baker at 775-788-4541 to help volunteer, you will be placed on orders and reimbursed for your time. Let us know.

Cross training opportunities- There are a number of cross training opportunities currently in the Nevada Air National Guard. Please contact Baker or Hinen to see if you are eligible to cross-train and what AFSC's are available. There are certain stipulations and cross-training would require a commander's approval to do so.

Education: Did you know there is a required service commitment when you choose to transfer your CH 33 GI Bill benefits to a spouse or child? All members wishing to transfer their benefits require having four years of retainability. What this means to you is, if you are getting close to retirement (20 YOS) or are over that time frame, please



do your family a favor and transfer your benefits as soon as possible. Once you are retired that opportunity goes out the door. Please contact Hinen or Baker for further information concerning transferability of the Post 9-11 (CH 33) GI Bill.

Have an awesome drill High Rollers and remember we are all recruiters but it is us who take the lead and can't do it without you!

Master Sgt. Baker 775-788-4541
Master Sgt. Hinen 775-788-4543
Tech. Sgt. Muniz 775-788-4544
Tech. Sgt. Din 775-788-4547



August Lodging

Lodging for this UTA is at the Best Western from Friday to Sunday. Members must sign-in with the hotel representatives to ensure they are accounted for in the rooms. Failure to sign-in or not showing up for a confirmed reservation will result in by-name notification to WG/CC. The cut-off day for reserving a room is COB three days prior to drill. The cut-off day to cancel reservations is COB two days prior to drill.

Members are authorized Friday night stays if they are outside the commuting distance. Please see the map on SharePoint.

Members on any type of orders will make their own reservations and pay for it on their GTC. Services provides at least two base billeting list updates during the month to provide a list of members who are currently signed up for lodging.

All RUTA lodging requests must be submitted NLT 72 hours before needed and all RUTA lodging is provided at Stead. If member goes elsewhere or does not notify Services in advance, charges will not be reimbursed. If a member is on any type of orders, the member will make their own reservations and pay for it on their GTC. The member then will be reimbursed on their travel voucher with the receipt.

Members can contact Services' billeting office at 775-788-9320 or at 152aw.lodging@ang.af.mil.

MEDAL OF HONOR—THE MILITARY'S MOST COVETED HONOR

*By Master Sgt. (ret) Sam D. Macaluso
the Ghost Writer in the Sky*

The Medal of Honor is the United States of America's highest military honor, awarded for personal acts of valor above and beyond the call of duty. The medal is awarded by the President of the United States in the name of the U.S. Congress to U.S. military personnel only. There are three versions of the medal, one for the Army, one for the Navy, and one for the Air Force. Personnel of the Marine Corps and Coast Guard receive the Navy version. The medal has been awarded to 3,490 recipients which includes 19 double recipients. How did the medal come about?

No medal for valor existed when the Civil War started. Army General-in-Chief Winfield Scott didn't like medals—he felt they smacked of show-off European armies. Others felt individual medals discouraged unity among the troops. Navy leaders, however, believed recognizing bravery was a motivator, so they proposed a medal of valor. On December 9, 1861 Iowa Senator James W. Grimes introduced S. No. 82 in

the United States Senate, a bill designed to “promote the efficiency of the Navy” by authorizing the production and distribution of “medals of honor.” On December 21st the bill was passed, authorizing 200 such medals be produced “which shall be bestowed upon such petty officers, seamen, landsmen and marines as shall distinguish themselves by their gallantry in action and other seamanlike qualities during the present war (Civil War).” President Lincoln signed the bill and the (Navy) Medal of Honor was born.

When General Scott resigned from the Army, the new Army leaders decided they wanted a medal too. On February 17, 1862 Massachusetts Senator Henry Wilson introduced a similar bill, this one to authorize “the President to distribute medals to privates in the Army of the United States who shall distinguish themselves in battle.” Over the following months wording changed slightly as the bill made its way through Congress. When President Abraham Lincoln signed S.J.R. No. 82 on July 12, 1862, the Army Medal of Honor was born. It read in part:

“Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, That the President of the United States be, and he is hereby, authorized to cause two thousand “medals of honor” to be prepared

with suitable emblematic devices, and to direct that the same be presented, in the name of the Congress, to such non--commissioned officers and privates as shall most distinguish themselves by their gallantry in action, and other soldier-like qualities, during the present insurrection (Civil War).”

With this simple and rather obscure act Congress created a unique award that would achieve prominence in American history like few others. The new medal was handsome—a five pointed star hanging from a ribbon resembling the American flag. Soldiers wore it around their necks.

The first Medals of Honor (Army) were awarded by and presented to six “Andrews Raiders” on March 25, 1863, by Secretary of War Edwin Stanton, in his office in the War Department. Private Jacob Parrott, a Union Army volunteer from Ohio, became the first recipient of the medal, awarded to him for his volunteering for and participation in, a raid on a Confederate train in Big Shanty, Georgia on April 12, 1862 during the American Civil War. The six decorated raiders met privately afterwards with President Lincoln in his office in the White House.

The first Medal of Honor (Navy) went to 41 sailors by Secretary of War Stanton on April 4, 1863 (17 for action during the Battle of Fort Jackson and St. Phillip on April 24, 1862) during the American Civil War.

The first Marine awarded the Medal of Honor (Navy) was John F. Mackie on July 10, 1863 for his rifle action aboard the USS Galena on

MOH, cont. page 12



Medal of Honor recipient, Rodolfo P. Hernandez visited Nevada Air National Guard base, Sept. 20, 2012. He received a base tour and met many Air National Guard people. (USAF Photo by Master Sgt. Paula Macomber/RELEASED) *Rodolfo Pérez “Rudy” Hernández (April 14, 1931 – December 21, 2013)*

NEVADA NATIONAL GUARD'S MASS CASUALTY RESPONSE UNIT EVALUATED

*By Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs*

The Washoe County Regional Public Safety Training Center here in Reno was the site of the Nevada CERFP Exercise Evaluation (Ex-Eval) from July 8-12th. This training event and was attended by over 200 Soldiers and Airmen.

This response unit, widely known by its acronym CERFP (pronounced "surf pea"), has a lengthy, tricky official title. The "C" is derived from the military acronym CBRNE that stands for "Chemical, Biological, Radiological, Nuclear and high-yield Explosives," and the "ERFP" stands for "Enhanced Response Force Package."

The mission of the Nevada CERFP is to provide immediate response capability to the governor after a natural or man-made disaster. It's comprised of five modular elements staffed by personnel from Nevada National Guard units. These joint service Air and Army Guard elements include teams specializing in

Search and Extraction (S&E), Decontamination (Decon), Medical treatment (Med), Command and Control (C2) and Fatality Search and Recovery Team (FSRT).

According to the Department of Defense, Nevada is one of 27 states with a certified CERFP unit. The entire unit coordinates and provides assistance to local, state and federal agencies in the event of a disaster.

"What I tell my Soldiers and Airmen is: it's one thing to go to war, but if something happened here domestically, we're actually saving our neighbors, our friends, our family members so that really gives a sense of urgency for an exercise like this," said Army Lt. Col. John Kruthaupt, the Nevada CERFP commander.

Evaluators from the National Guard Bureau's Joint Interagency Training and Education Center oversaw the week-long operation, which included: initial staging, reconnaissance, search and rescue operations, casualty treatment and hazardous waste material disposal procedures.

These evaluators performed extensive operational reviews of all five Nevada CERFP elements during the exercise, with the final and most intense grading occurring on the final day of the exercise.

Nevada's CERFP is one of the nation's most recently validated teams, having completed their first ExEval back in April, 2012. This July ExEval was the second time this unit has gone through this grueling evaluation process. Both evaluations ended with Nevada CERFP receiving strong final ratings.

The individual Nevada CERFP elements are:

C2 is comprised of Army Guard Soldiers from the 17th Special Troops Battalion located in Las Vegas. The command and control team directs the overall activities of the Nevada CERFP. They coordinate operations with the Joint Operations Center in Carson City and with the on-scene incident commander.

The Nevada Army National Guard's 240th Engineer Company from Las Vegas, along with Medical Technicians from the Nevada Air National Guard's 152nd Medical Group from Reno are the forces behind the S&E element. They are trained to conduct casualty search and rescues at incident sites, extract victims, lift and move debris, and heavy items using ropes, chains, wires or cranes (rigging), and use equipment designed to support the sides of an excavation and prevent cave-ins (shoring).

Nevada Army National Guard's 100th Quartermaster Company from Las Vegas provides the Nevada CERFP's Decon capabilities.



Soldiers from the 100th Quartermaster Unit out of Las Vegas decontaminating a non-ambulatory patient utilizing CERFP decontamination process during the 2014 Exercise Evaluation at the Washoe County Regional Public Safety Training Center here in Reno. (Photo by Master Sgt. Paula Macomber, 152nd Airlift Wing Public Affairs/RELEASED)

CERFP, cont. page 10

ALWAYS READY; ALWAYS THERE

HIGH ROLLERS RECOVER STUCK NAVY AIRCRAFT

By Capt. Jason Yuhasz
152nd Airlift Wing Public Affairs

A U.S. Navy C-2 Greyhound from the Fleet Logistics Support Squadron 30 (VRC-30), San Diego, became stuck in the asphalt near a commercial Fixed Base Operator (FBO) at the Reno-Tahoe International Airport on the afternoon of Wednesday, June 25th. The call went out for help, and members of the 152nd Airlift Wing promptly answered.

Personnel from the 152nd Maintenance Group, the 152nd Civil Engineer Squadron Firefighters and others went to help the stranded Navy plane.

Jeff Mello, full-time Assistant Fire Chief for the Air Guard here in Reno was the incident commander for the response by the Civil Engineer Firefighters. Mello, also a traditional Air Guard member as a Firefighter, noted and praised the work that his personnel did to help free the aircraft.

"It was a great opportunity to put our training to use. It was a combined effort, helping out a sister service," he said of the efforts of the Firefighters.

Commander of the 152nd Airlift Wing, Col. Karl Stark, was on-scene for much of the recovery. He was able to see first-hand the end result of the Wing's training efforts.

"Incidents like this allow us to quickly respond and validate our own training processes and capabilities. It also allows us to review



Nevada Air National Guard's 152nd Maintenance Squadron Aircraft Crash Removal Team assisted a United States Navy plane after it became stuck in the asphalt near a commercial Fixed Base Operator (FBO) at the Reno-Tahoe International Airport on June 25th. (USAF Photo by Capt. Jason Yuhasz, 152nd Airlift Wing Public Affairs/RELEASED)

our procedures and work on lessons learned," Stark said of the recovery of the airplane.

The 152nd Maintenance Group provided aircraft maintainers and members of its Crash Damage or Disabled Aircraft Recovery (CD-DAR) team to assist. Senior Master Sgt. Jeff Goldsworthy was the senior enlisted member of the Maintenance team at the site.

"Our CDDAR team went in with good plan," Goldsworthy said. "As the situation progressed, they were also able to step back, reassess and press forward with new solutions."

The operation to free the stuck aircraft took several hours, lasting into Wednesday evening. In the end, after trying several different methods to free the plane, the team assembled by the 152nd Airlift Wing was able to retrieve the C-2 Grey-

hound and get it into a parking area at the FBO. The idea of it being a team effort was emphasized by Col. Stark.

"We're one team, one fight. We're honored to be able to help our shipmates," were Stark's final thoughts on the recovery by the 152nd Airlift Wing personnel.




CERFP, from page 8

The element conducts site selection, conducts contaminated clothing removal and provides ambulatory and non-ambulatory decontamination of affected patients.

The Medical element is from the 152nd Medical Group in Reno. The team is responsible for providing medical support to patient decontamination and search and extraction, performing triage and emergency medical treatment, performing patient tracking and assisting with coordinating transport for affected patients.

The FSRT element is from the Arizona Air National Guard in Tucson. This team is responsible for coordinating fatality recovery operations and supporting local mortuary affairs.

"It's great to see how all the various elements of the Nevada CERFP have gelled together since day one and formed one strong response team supporting the state of Nevada. This revalidation means Nevada residents can rest at ease, if a natural or man-made disaster strikes. This entire Nevada CERFP team has received extensive training to provide support when civilian relief efforts are maxed or running out of resources and before the federal relief efforts steps in," said Major Eric Stringer, the Nevada CERFP's Medical element Officer-In-Charge.

The Nevada CERFP is "on call" 24 hours per day, seven days a week, 365 days per year, to support civilian first responders and incident commanders for any significant, catastrophic event in the state of Nevada or in the nation. 

Chaplain's Corner



*Chaplain Capt. Michael Engfer
152nd Airlift Wing Chaplain's Office*


The "Formula for Health"

One of the most important items on the Air Force and all the Armed Forces agenda is "Resiliency." In light of suicides, domestic abuse, PTS, and a variety of other behavioral and mental health issues, the leadership of all the branches want troops and families that can handle the difficult demands of military life. What if the formula was not as difficult or as mysterious as most imagine. As a Chaplain Corps, our primary concern is spiritual health but we realize we are whole beings

and we must be healthy in every area of our life to be truly resilient. I would like to propose a formula that is universal and that applies to the 5 pillars of wellness: emotional, physical, spiritual, social and family wellness. In the next few High Roller News editions, I would like to apply a formula to help people truly be well.

If you are like me you have tried numerous diets and exercise plans. While these are helpful for a while, they are not sustainable. The truth is that the only true way to loose weight and be fit is to apply the following formula:

Eat Healthy + Healthy Portions + Exercise + Rest = Physical Health

If we are all honest with ourselves, we know that this is the only way to be physically fit. Vitamins, diet plans, specialized exercise equipment can all supplement our fitness but can never be a substitute for the true formula for physical health. What if we applied this formula to our emotional life, spiritual life, social life and family life? Stay tuned to future articles to see how your life can be changed by the formula for health! 

NEW FSS ID CARD HOURS

The FSS is pleased to announce that appointments are no longer needed for ID cards. We are now a walk in facility and see individuals on a first-come, first-served basis. However, if you would like to schedule an appointment you can now do so online at:

<https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=810>

Our hours of operation are:

Non-down Mondays, 0800-1500 & Tuesday – Friday, 0800-1600

Belt buckle, from page 5

them. You're still probably going to get something out of it regardless."

Ozburn took that attitude so far that she has even been granted access into the largely-distinguished business of government contracting.

The veteran financial benefits aren't the only items helping Ozburn. She points out the difference in her products quality before she received machinist metal fabricating skills from her Air Force tech school training and then compared them to after her tech school training. "I learned a lot about industrial materials through my military training and the time I spent working here when I was attached to the Maintenance Squadron," she said. "I've been able to take that knowledge and apply it to my buckles and have them come out to a much better product. I look back at the stuff I did before tech school, and it looks like a Neanderthal built it. Tech school training isn't the only military skill I've learned that I'm using in my business. The military has taught me structure and organization—skills that weren't honed as much as before the military."

One other major benefit she points out for veterans being in business is that you automatically join a huge network filled with other veteran business owners who want to see each other succeed.

"You don't see that in the civilian workforce," Ozburn explained. "They are more likely to let you keep struggling if your business is in trouble. Whereas, the veteran community has a vested interest in each other and help each other out whenever they can."

Ozburn added that starting your own business from the ground-up

isn't something that happens overnight if you plan on being successful. She said she's just now in the launch phase after three years, and that's a pretty typical timeline for someone to get started. It's not like a franchise where the model is already made for you, she said.

According to a SBA website profile of veteran small business owners, veterans are among the highest demographic entering into business ownership. One of the big reasons was that the veteran community was one of the hardest hit during the recent recession. As a means to combat that trend, many veterans took to their own devices and created their own employment. The same SBA profile also pointed out that veteran-run businesses have a better chance of staying in business longer than their non-veteran counterparts. Ozburn mirrored that sentiment and explained that's due to the access to more benefits, the extra training military members get and the networks available to them.

Even though her Blue Ribbon Belt Buckle business model is as polished as it can get and ready for business, Ozburn said there's still a lot of anxiety that goes with small business ownership the moment you decide this is something you want to pursue.

"I do have fear," she said. "However, I'm not afraid of failure. I've been there. I've been so poor I had to warm water on the stove to bathe my girls. I'm more afraid of success right now. That's the territory I'm unfamiliar with. But, over-all, I'm passionate and excited about where this is going. I thank God I'm fortunate to live in this country, because America is offering us these freedoms to seek out our success and be the greatest person we can be."

To learn more about becoming a small business owner, go to <http://www.sba.gov/> or visit your local Family Program's specialist for more information.



FSS will be hosting an Awards and Decorations brief for all members who would like to attend.

When:

Aug 16, 2014 at 1030

Where:

Wing Auditorium

If you or someone you know from the Nevada Air National Guard is positively involved with local community activities, we would like to know.

**Please send the info to:
152aw.highroller@ang.af.mil**

MOH, from page 7

May 15, 1862.

The Air Force designed Medal of Honor was created on April 14, 1965. This medal was first presented by the president on Jan. 19, 1967, to Maj. Bernard F. Fisher for action in South Vietnam.

Because it was the only medal around, leaders started handing the Medal of Honor out rather indiscriminately. Take for example the 27th Maine Infantry Regiment whose 864 members each won the medal. That's more than the winners from World War I, World War II and the Vietnam War combined! What heroic deed did these soldiers perform—win a major battle against incredible odds, capture the Confederate capital, or something equally as brave? No these men did a stellar job sitting in the barracks in forts around Washington D.C. Offered as an incentive for troops to stay and protect the capital after their enlistment was over, a clerical error resulted in the entire regiment sharing the honor.

The rules were tightened for winning a Medal of Honor in the early 20th century. In 1916, a board of five Army generals on the retired list convened under act of law to review every Army Medal of Honor awarded. The board was to report on any Medals of Honor awarded or issued for any cause other than distinguished service. The commission, led by Nelson A. Miles, identified 911 awards for causes other than distinguished service and had their medals revoked. This included the 864 medals awarded to members of the 27th Maine regiment, 29 who served as Abraham Lincoln's funeral guard, six civilians, including Bufalo Bill Cody, and 13 others. One

such case was the story of Dr. Mary Walker. Dr. Mary Walker, a surgeon in the Civil War, was the only woman ever awarded the nation's highest honor by President Andrew Johnson. The citation reads, in part:

"Whereas it appears from official reports that Dr. Mary E. Walker, a graduate of medicine, has rendered valuable service to the government, and her efforts have been earnest and untiring in a variety of ways, and that she was assigned to duty and served as an assistant surgeon in charge of female prisoners at Louisville, Kentucky, under the recommendation of Major-Generals Sherman and Thomas, and faithfully served as contract surgeon in the service of the United States, and has devoted herself with much patriotic zeal to the sick and wounded soldiers, both in the field and hospitals, to the detriment of her own health, and has endured hardships as a prisoner of war four months in a southern prison while acting as contract surgeon..."

Dr. Walker's Medal of Honor was rescinded in 1917, along with some 910 others. Some believed her medal was rescinded because of her involvement as a suffragette. Others discredit that opinion as 910 other medals rescinded were awarded to men. The stated reason was to "...increase the prestige of the grant."

For whatever reason, she refused to return the Medal of Honor and wore it until her death in 1919. Fifty-eight years later, the U.S. Congress posthumously reinstated her medal, and it was restored by President Jimmy Carter on June 10, 1977. The final total of Civil War Medals of Honor awarded is 1,522.

Two Medals of Honor are accredited to Nevada. Although nei-

ther man was born in Nevada their award is attributed to Nevada. The first was James Blair, First Sergeant, Company I, 1st U.S. Cavalry. He received the Medal of Honor for gallant conduct during campaigns and engagements with Apaches. He received the medal while stationed at Camp Winfield Scott in Nevada.

The second is Bruce Avery Van Voorhis. Van Voorhis was born on January 29, 1908 in Aberdeen, Washington, and grew up in Nevada. He was appointed to the Naval Academy in June 1925. Van Voorhis was a pilot during World War II. Lt Commander Van Voorhis gave his life for his country near Hare Island of Kapingamarangi Atoll, the southernmost of the Eastern Caroline Islands. He died on July 6, 1943 and was awarded the Medal of Honor, posthumously. The airfield at Naval Air Station in Fallon, Nevada, is named in honor of Lt. Cmdr. Bruce Van Voorhis.

The first award of the Medal of Honor was made March 25, 1863 to Pvt. Jacob Parrott. The last award of the Medal of Honor was made July 21, 2014 to Sgt. Ryan M. Pitts. More than 60% of the Medals of Honor awarded are given posthumously, for those men killed in action defending our country.



**NO
FITNESS TESTING
SCHEDULED FOR
THIS DRILL**

152ND AIRLIFT WING HOSTS PATRIOTS LUNCHEON

By Capt. Jason Yuhasz
152nd Airlift Wing Public Affairs

The Nevada Air National Guard's 152nd Airlift Wing hosted the Barracuda Championship's "Salute the Troops" Patriots Luncheon on July 29th in their state-of-the-art firehouse here in Reno. The annual luncheon, honoring military members, was held at Montr  ux Golf Course for the past four years.

The Reno-Tahoe Open Barracuda Championship ran from July 28 to Aug. 3 at Montr  ux Golf Course and helped raise money for the local Veterans Guest House.

"Holding the luncheon here offers a rare opportunity for the attendees to see where the Nevada Air Guard personnel work. The central location of the base is also easier for people get to on their lunch hour. We are just grateful that the Nevada Air National Guard has been so hospitable in allowing us to hold the event here," said Candee Candler, Director of Marketing and Special Events of the Barracuda Championship.



Airman 1st Class Brett Gilmore of the 152nd Maintenance Squadron enjoys lunch with civilian attendees at the Patriots Luncheon on July 29. (Photo by Master Sgt. Paula Macomber, 152nd Airlift Wing Public Affairs/RELEASED)



The Nevada Air National Guard's 152nd Airlift Wing hosted the Barracuda Championship's Salute the Troops Patriots Luncheon on July 29 in their state of the art firehouse. Civilian attendees were joined by military members for lunch. (Photo by Master Sgt. Paula Macomber, 152nd Airlift Wing Public Affairs/RELEASED)

The event began with the Nevada National Guard Honor Guard presenting the colors, followed by appetizers and lunch. Chief Master Sgt. (retired) Bill Kendall, a participant in the K9s for Warriors program of Ponte Vedra Beach, Florida gave a special presentation about the K9s for Warriors program. He shared his story about post traumatic stress disorder, his family and his service dog, Justice, who helps him each and every day.

The luncheon concluded with a tour of a 152nd Airlift Wing C-130 and some of the Wing's fire trucks, as well as handling of some Security Forces weapons.

"It's great to know that we serve a nation and a local community that recognize the challenges that our veterans face but equally have not forgotten the freedoms that they provide. Just like those that have served in this great nation's military, our community members stand ready to provide the additional support needed by our veterans and their families. As a commander, I'd

like to say thank you for the amazing support we receive from the Reno community," said Col. Karl Stark, 152nd Airlift Wing Commander.

"Each year, the Reno-Tahoe Open Foundation is happy to honor the troops with a variety of military-themed events and ways to support the men and women in our armed forces. In addition to the Patriots' Luncheon, we also invite all members of the military to attend the tournament for free and to enjoy refreshments from our sponsors," said Chris Hoff, Executive Director of the Reno-Tahoe Open Barracuda Championship.

This was the first major event to be held at Nevada Air National Guard firehouse since construction was completed.

"It's always an honor to support those that provide support to our nation's veterans, and always a pleasure to showcase our Airlift Wing to the community," said Stark.



VIGILANT BLUE 2014



Nevada Air National Guard (NVANG) Airmen check conduct decontamination steps following a simulated chemical weapons missile attack during the NVANG "Vigilant Blue" military exercise at the air base, Reno on June 24. The weeklong exercise will evaluate strengths, vulnerabilities, and will conclude with a report assessing various aspects of the exercise. (USAF Photo by Master Sgt. Suzanne Connell/RELEASED)



Staff Sgt. Christopher J. Dugger of the Nevada Air National Guard (NVANG) conducts firefighting operations in a simulated chemical environment during the NVANG "Vigilant Blue" military exercise at the air base, Reno on June 24. The weeklong exercise will evaluate strengths, vulnerabilities, and will conclude with a report assessing various aspects of the exercise. (USAF Photo by Master Sgt. Suzanne Connell/RELEASED)



Nevada Air National Guard (NVANG) Airmen check simulated contamination readings on the air base's flightline during the Vigilant Blue exercise at the NVANG base, Reno on June 24. The weeklong exercise will evaluate strengths, vulnerabilities, and will conclude with a report assessing various aspects of the exercise. (USAF Photo by Master Sgt. Suzanne Connell/RELEASED)



Nevada Air National Guard (NVANG) Airmen participate in a military exercise at the NVANG base, Reno on June 24. Ch. (Capt.) Michael J. Engfer (left) peps up morale, giving candy to Airmen, including Technical Sgt. Kimberly Bledsaw (right) during the "Vigilant Blue" exercise. The weeklong exercise will evaluate strengths, vulnerabilities, and will conclude with a report assessing various aspects of the exercise. (USAF Photo by Master Sgt. Suzanne Connell/RELEASED)



Nevada Air National Guard (NVANG) Master Sgt. Terry Marshall drinks from his canteen in a simulated contaminated environment during the NVANG "Vigilant Blue" military exercise at the air base, Reno on June 24. The weeklong exercise will evaluate strengths, vulnerabilities, and will conclude with a report assessing various aspects of the exercise. (USAF Photo by Master Sgt. Suzanne Connell/RELEASED)



Red smoke signals a simulated missile attack at the Nevada Air National Guard (NVANG) during a military exercise at the air base, Reno on June 24. The weeklong "Vigilant Blue" will evaluate strengths, vulnerabilities, and will conclude with a report assessing various aspects of the exercise. (USAF Photo by Master Sgt. Suzanne Connell/RELEASED)



Nevada Air National Guard (NVANG) members practice contamination screening in a military exercise at the NVANG base, Reno on June 24. The "Vigilant Blue" training tests the Airmen in their Ability To Survive and Operate (ATSO) skills for a potential nuclear, chemical or biological attack. The weeklong exercise will evaluate strengths, vulnerabilities, and will conclude with a report assessing various aspects of the exercise. (USAF Photo by Master Sgt. Suzanne Connell/RELEASED)



2014 BANNED SUPPLEMENTS

*Information Submitted by Master Sgt. Jessica Bean
152nd Medical Group Public Health
from Tran, Dang P CTR (US)*



This article contains the most up to date list of supplements that have been banned by the US Army as well as the Food and Drug Administration. These supplements have the potential of causing harm to the user and will generate a positive result on a routine urinalysis.

In general, dietary supplements (DS) are considered food products which may not be required to registered and approved by FDA as for drugs, and their formulas are often changed rapidly to avoid the stringent regulatory requirements. Even FDA cannot keep up with the products until they are already marketed and caused problems, in many cases.

Usually, the DS products (by marketed product name) are not banned, but they may be illegally marketed for containing banned substances listed on the Controlled Substances Act (CSA) schedules (I to V). The burden is on the DS users to make sure they are not using a products containing illegal substances.

Use of DS or food/drink containing Hemp or Hemp oil by Soldiers is prohibited by AR 600-85 Para 4-2p.

The DoD or Army enforces any ban by FDA and does not in general maintain a list of banned DS products.

Known banned substances which may/may not be listed on the substance schedules (see CSA schedules):

1) Ephedrine (Ephedra) products were banned by FDA action in 2004.

2) DMAA illegally formulated in DS products. Consumers should look for DMAA listed on the product

label. It may also be listed as:

1,3-DMAA
1,3-Dimethylamylamine
1,3-Dimethylpentylamine
2-Amino-4-methylhexane
2-Hexanamine
4-Methyl-2-hexanamine
4-Methyl-2-hexylamine
4-methyl- (9CI)
Dimethylamylamine
Geranamine
Methylhexanamine
Methylhexanenamine

Some products also will list Pelargonium graveolens extract or Geranium extract, which may indicate that the product contains DMAA.

Useful search tool on the FDA site for the latest information on a substance.

DS containing DMAA was determined illegal by FDA since July 2013: <http://www.fda.gov/Food/DietarySupplements/QADietarySupplements/ucm346576.htm>.

Oct. 11, 2013, FDA advised consumers not to use the dietary supplement product labeled OxyElite Pro OxyElite Pro or VERSA-1, which are being investigated for possible link to acute hepatitis illnesses. In a warning letter¹ issued to USP Labs LLC of Dallas Texas on October 11, 2013, the FDA informed the company that

Banned, cont. page 21

Tahoe Rim Trail 100

By Master Sgt. Sean O'Brien
152nd Civil Engineer Squadron

It is now "OFFICIALLY" against the laws of nature to complain about the Air Force fitness testing standards and procedures.

I thought he was crazy, but this man accomplished a very amazing feat. Our very own Master Sgt. Chris Barber, from the 152nd Civil Engineer Squadron challenged one of the toughest races in the world, and prevailed. He finished the Tahoe Rim Trail 100 during the weekend of July 19 and 20. That's not a typo; 275 people set out to conquer the 100 MILES of trail running on Saturday morning and finished on Sunday morning.

This beautiful run through the Lake Tahoe Mountains included 22,000 feet of mind numbing climbing, which means another 22,000 feet of leg numbing descents, all while battling the occasional down pour.

We're excited to report that Barber is in good spirits despite a few blisters, a couple purple toes, and slightly swollen knees. He finished the grueling trek in 26 hours, 10 minutes, and 15 seconds, good enough for a 37th place finish.

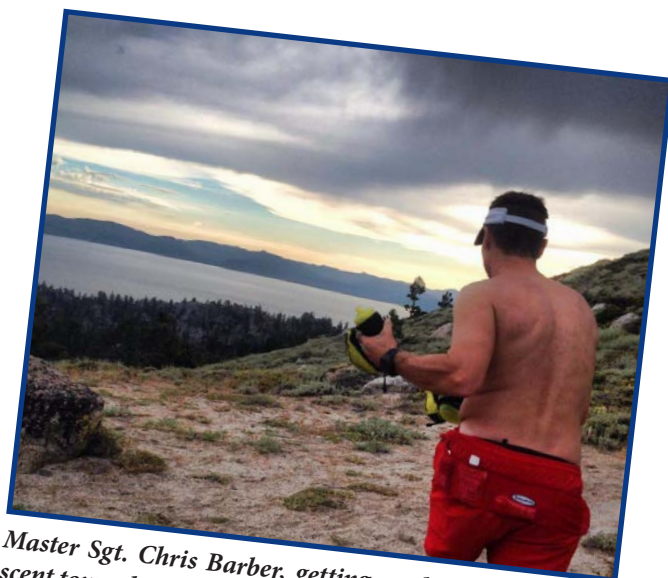
Please help me congratulate Chris the next time you see him. Just don't try to keep up if you decide to go for a little training run with him.



Ella and Sophia supporting their father, Master Sgt. Chris Barber during the dark hours of the TRT 100, July 20, 2014. (Photo by Kelly Barber/RELEASED)



Master Sgt. Chris Barber at the finish line of the Tahoe Rim Trail 100, July 20, 2014. (Photo by Kelly Barber/RELEASED)




Master Sgt. Chris Barber, getting ready for a sweet descent towards Lake Tahoe, at sunset, July 19, 2014. (Photo by Kelly Barber/RELEASED)

Thompson, from cover

sity Policy. He also was instrumental in starting the George W. Porter Tuskegee Airmen Chapter in Reno and currently he serves as the chapter's president.

Thompson, 38, is a native of Alexandria, La., and a 1993 graduate of McQueen High School in Reno. He joined the Nevada Air Guard in 1994 and has recorded 20 years of military service.

In addition to the state headquarters, Thompson has served in the Nevada Air Guard with the 152nd Reconnaissance Group Command Post, the 152nd Logistics Readiness Squadron and 152nd Mission Support Group. In 2006-2007, he was the first sergeant for the 152nd Mission Support Group. In June 2007, he transferred to the Nevada Air Guard's state headquarters. 

DID YOU KNOW?

Anyone can submit an article for publication in the High Roller News. All we ask is that you give us editorial rights and get it to us before the deadline. Yes, everyone wants to know what is going on in your unit! If you, or someone you know, is involved in the community, or you know of interesting "happenings" involving a fellow guard member, please send them to: 152aw.highroller@ang.af.mil. Please include photos. Depending on the space we have, we will include the article and photos. If we don't receive the article by the deadline, we will try to include it in the next issue.

HIGH ROLLER NEWS DEADLINES
2014 DEADLINES

Please submit your items NLT...

this date for the next issue:	2014 ISSUES:
By Apr. 16	Apr. Drill
By May 7	May Drill
By June 4	June Drill
By Aug. 6	Aug. Drill
By Sept. 10	Sept. Drill
By Oct. 15	Oct. Drill
By Oct. 29	Nov. Drill
By Nov. 26	Dec. Drill

**August UTA Menu**

SAT. LUNCH / SUN. BRUNCH
SALAD BAR WILL BE PROVIDED AS USUAL.

Saturday**Short Order and Hot Meal**

1100-1230

SHORT ORDER:

Chicken Wraps
Hot Dogs / Tuna Melts
Buffalo Chicken Tenders/Sandwiches
Fries / Chili / Nachos & Cheese

MAIN LINE:

BBQ Ribs / Lemon Chicken
Sweet Potato Fries
Corn on the Cob / Asparagus
Mashed Potatoes w/Gravy
Dinner Rolls
Soup: Wedding
Asst. Pies

IF YOU ARE ACTIVE GUARD RESERVE (AGR), ON ANY KIND OF ORDERS (ANNUAL TRAINING, STATE ACTIVE DUTY, MPA, TITLE 10), OR AN OFFICER YOU MUST PAY.

Regular Meal Rate: \$4.65 for Saturday

*Brunch Meal Rate: \$5.35 for Sunday

.....

**Sunday
BRUNCH****Short Order and Hot Meal**

0930-1130

SHORT ORDER:

Scrambled Eggs
Bacon / Sausage
Pancakes w/topping choices
Hash Browns

MAIN LINE:

Penne Alfredo
Chicken or Eggplant Parmesan
Broccoli & Green Beans
Garlic Bread
Soup: Wedding
Asst. Pies

The Company Grade Officer Council

recently had elections for their board members, and here are the results:

President, Capt Reed Kobernick (OPS)

VP, Capt Lee Wilson (OPS)

Secretary, 1st Lt Megan Winkel (MDG)

Treasurer, Capt Masten Bethel (Ops Intel)

Sgt At Arms, 2d Lt Lewis Roberts (OPS)

The council meets every Saturday of the UTA at 1530 in the back of SANGA.
The Council is open to all Company Grade Officers (2nd Lt-Capt)

Women's Equality Day - 8/26

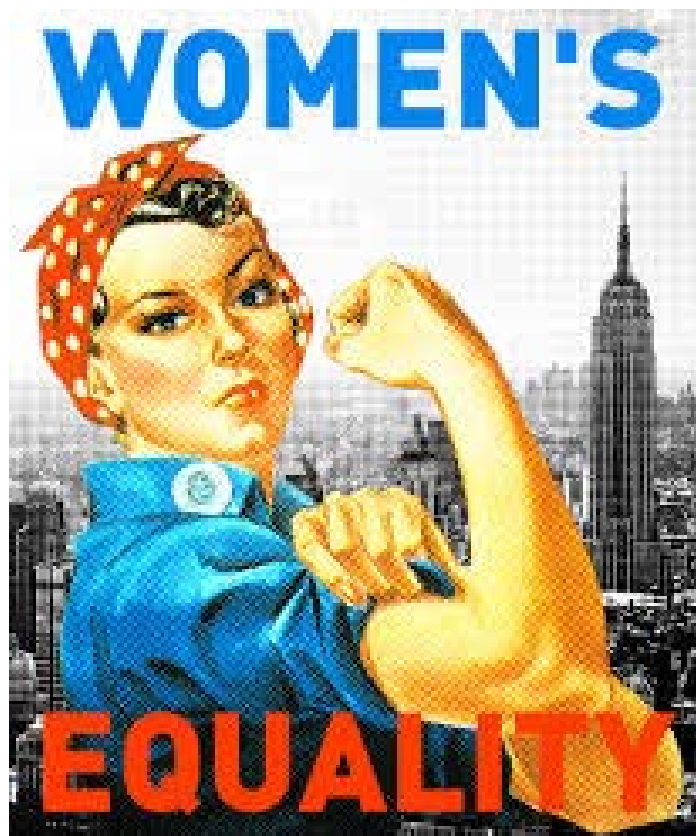
*By Master Sgt. Sara Schweppe
152nd Airlift Wing Equal Opportunity*

"The test for whether or not you can hold a job should not be the arrangement of your chromosomes." – Bella Abzug

Women's Equality Day commemorates the day when women in America were given full voting rights under the U.S. Constitution by the passage of the 19th Amendment. This historic event was the culmination of a massive civil rights movement by women that had its formal beginnings in 1848. The women's suffrage amendment was introduced for the first time to the U.S. Congress on January 10, 1878. Over the following year, the suffragists spent their time lobbying states in order to have the amendment ratified by the required two-thirds of the states.


The final state needed for ratification was Tennessee. The state's decision came down to a 23-year-old Representative named Harry T. Burn to cast the deciding vote. Although Burn opposed the amendment, his mother convinced him to approve it. Burn heeded his mother's advice and cast the deciding vote, breaking the tie of 48 to 48. The U.S. Secretary of State, Bainbridge Colby, signed the amendment into law on August 26, 1920.

Fifty years later on August 26th, 1970, Betty Friedan and the National Organization of Women (NOW) organized a nationwide Women's Strike for Equality. Women across the political spectrum joined together to demand equal opportunities in employment, education, and twenty-four hour child-care centers. This was the largest protest for gender equality in U.S. history. There were demonstrations and rallies in more than ninety major cities and small towns across the country and



over 100,000 women participated, including 50,000 who marched down Fifth Avenue in New York City.

Several other acts occurred on that day to help the cause and prompt more press coverage on the women's movement. For example, women in New York City took over the Statue of Liberty. In preparation, several women climbed up to measure the wind velocity. Later they returned to the Statue with two forty-foot banners to hang from the crown. One read: "March on August 26 for Equality." The other: "Women of the World Unite."

Women today continue to draw on the history of the brave and determined women who have come before them. As we observe Women's Equality Day 2013, we not only commemorate the passage of the 19th Amendment, but also call attention to women's continuing efforts toward full equality. 

If you or someone you know from the Nevada Air National Guard is positively involved with local community activities, we would like to know.

Please send the info to: 152aw.highroller@ang.af.mil

ESGR Seven Seals Awards given to Hub Coffee Roasters and Think Kindness



Mark Trujillo, owner of the Hub Coffee Roasters, receives his award from the Nevada Air National Guard's the 152nd Airlift Wing Commander, Col. Karl Stark.



Brian Williams, president and founder of Think Kindness, receives his award from the Nevada Air National Guard's 152nd Airlift Wing Commander, Col. Karl Stark.



The 152nd Airlift Wing Commander, Col. Karl Stark presented HUB Coffee Roasters and the local non-profit organization, Think Kindness, the Employer Support of the Guard and Reserve (ESGR), "Seven Seals Award" for their support to multiple Nevada Army and Air National Guard units during and after deployments. HUB Coffee Roasters asked their customers to help with donating coffee to local and deployed military members. Think Kindness found a way to get the coffee to the Nevada military members. The drive was an overwhelming success and earned both companies the "Seven Seals Award," the broadest and most inclusive award, given by ESGR. Of the 330 bags of coffee donated by The Hub Coffee Roasters, through the Think Kindness organization, 155 pounds were shipped at a cost of \$428. The local non-profit company, NV Project, picked up the tab, made up mostly by donations from NV Energy employees. An additional 175 pounds was delivered to local troops and their families. (Photos by Master Sgt. Paula Macomber, 152nd Airlift Wing Public Affairs/RELEASED)

From left to right, ESGR representative, Billie Sexton, 152nd Airlift Wing Family Program Manager, Fred Barton, 152nd Civil Engineer member, Master Sgt. James Speth, 152nd Airlift Wing Command Chief Master Sgt. Bill Moore, 152nd Mission Support Group Deputy Commander, Lt. Col. JoAnn Meacham, the owner of the Hub Coffee Roasters, Mark Trujillo, 152nd Airlift Wing Commander, Col. Karl Stark, the president and founder of Think Kindness, Brian Williams, 152nd Civil Engineer Squadron Emergency Manager, Tech. Sgt. Timothy Hill, 152nd Force Support Squadron, Master Sgt. David Hill and ESGR Representative, Daphne Ames.



Banned, from page 16

the dietary supplements OxyElite Pro and VERSA-1 are deemed to be adulterated.

<http://www.fda.gov/Food/RecallsOutbreaksEmergencies/Outbreaks/ucm370849.htm>

FDA List of tainted/adulterated DS: http://www.accessdata.fda.gov/scripts/sda/sdNavigation.cfm?filter=&sortColumn=1d&sd=tainted_supplements_cder&displayAll=true.

FDA Safety Alerts & Advisories: <http://www.fda.gov/Food/RecallsOutbreaksEmergencies/SafetyAlertsAdvisories/default.htm>

FDA Recalls, Market Withdrawal, and Safety Alerts: <http://www.fda.gov/Safety/Recalls/default.htm>

FDA Q&A on Dietary Supplements: <http://www.fda.gov/Food/DietarySupplements/QA-DietarySupplements/default.htm#responsible>

GENERAL AWARENESS ABOUT DIETARY SUPPLEMENTS:

For their own health and safety, users of dietary supplements are encouraged to review the advisories:

- Consult with health care providers and Registered Dietitians at local MTF.
- Read the label to see if the product is safe.
- The Food and Drug Administration (FDA) does not test or approve dietary supplements before they are marketed to the public.
- Many products on the market are dangerous to user's health, and physical activity may increase the risk.

Useful information resources for dietary supplement users:

US Army Public Health Command's dietary supplement page: [http://](http://phc.amedd.army.mil/TOPICS/HEALTHYLIVING/N/Pages/DietarySupplements.aspx)

phc.amedd.army.mil/TOPICS/HEALTHYLIVING/N/Pages/DietarySupplements.aspx

Consortium for Health and Military Performance: <http://www.usuhs.mil/mem/chnutrition.html>

Looking for the Edge- Dietary Supplements: <http://www.usuhs.mil/mem/pdf/DietarySupplements-Guide.pdf>

Force Health Protection: Nutrition and Exercise Resource Manual: http://www.usuhs.edu/mem/hpl/Navy_Guides.pdf

Peak Performance Through Nutrition and Exercise Ergogenics Pamphlet: <http://www.usuhs.edu/mem/hpl/ergopam.pdf>

Dietary Supplements and Military Divers: A Synopsis for Undersea Medical Officers: <http://www.usuhs.edu/mem/hpl/DietarySupplements-UMO.pdf>

FDA Information for Consumers on Dietary Supplements: <http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/default.htm>

DEA CONTROLLED SUBSTANCE LISTS (check the date of the version at the bottom), in alphabetical order: http://www.deadiversion.usdoj.gov/schedules/orangebook/c_cs_alpha.pdf

DEA Drug Code Number: http://www.deadiversion.usdoj.gov/schedules/orangebook/d_cs_drug-code.pdf

CSA Schedules: http://www.deadiversion.usdoj.gov/schedules/orangebook/e_cs_sched.pdf

CONTROLLED SUBSTANCES per 21 Code of Federal Regulation (lists updated as of date of the web page)

21 CFR Section 1308.11 Schedule I: http://www.deadiversion.usdoj.gov/21cfr/cfr/1308/1308_11.htm

Section 1308.12 Schedule II: http://www.deadiversion.usdoj.gov/21cfr/cfr/1308/1308_12.htm

Section 1308.13 Schedule III: http://www.deadiversion.usdoj.gov/21cfr/cfr/1308/1308_13.htm

Section 1308.14 Schedule IV: http://www.deadiversion.usdoj.gov/21cfr/cfr/1308/1308_14.htm

Section 1308.15 Schedule V: http://www.deadiversion.usdoj.gov/21cfr/cfr/1308/1308_15.htm

More information on DS and illegal substances may be found at the AC-SAP AKO Pages:

<https://www.us.army.mil/suite/page/594495>


<https://www.us.army.mil/suite/page/680607>

Training on nutrition and DS information sources:

<http://www.usuhs.mil/mem/chnutrition.html>

<https://www.us.army.mil/suite/doc/39107808>

Any questions, comments, or concerns regarding supplements can be directed to the Nevada Army National Guard Substance Abuse Program office at the information listed below.

Northern Nevada: Kathy McEwen, Prevention Coordinator, 775-384-5827 Southern Nevada: Kevin Johnson, Alcohol and Drug Control Officer, 702-632-0387. 

SANGA SPOTLIGHT

SANGA SPOTLIGHT

SANGA SPOTLIGHT

SANGA SPOTLIGHT

Greetings fellow High Rollers,

As the new membership year approaches (January 2015) we would like to pass on some new information and ROE for the Sierra Air National Guard Association (SANGA). Our ultimate goal, as a Dining and Social club, is to provide a venue that helps promote the morale and well-being of the members of the Nevada Air National Guard and their guests. As such, we are about to launch an endeavor to improve our club in many ways. First of all, we can all certainly agree that a re-model is in order. We will be starting that immediately. We also want to improve and increase the benefits of membership. As members of SANGA, you receive discounts on all the products and services that SANGA provides, family oriented events such as the Christmas, Easter and Halloween parties, occasional free to low cost food and a venue for your personal and family events.

The following are some ideas as to how we can improve our facility and the services we provide to our members. Keep in mind that, as members of the Nevada Air National Guard, we are an extraordinary group of people. The service that we provide to our communities, our nation, and to each other is above and beyond that of our civilian peers. We, you, deserve an exclusive club where you can unwind, solve problems, and relax in an environment that is clean, friendly and, above all, tells our story. Not just the story of our past, but of the story of who we are now. Keeping that in mind, please consider the following carefully.

1. We would like all of you to become members of SANGA. As a member, you will have the privileges of membership in an exclusive club that is not afforded to many Air National Guard members. In order to provide you with better services and member benefits, we will be re-structuring our dues schedule. Since SANGA's beginning, the dues have not changed and, consequently, the club has had less and less in the way of operating funds that have had a negative impact on the benefits that we provide. The new dues schedule is as follows and will be strictly enforced through membership cards and databases. Support "Your" club, help us support you, and save money throughout the year:

- a. E-1 through E-4= \$10.00/year
- b. E-5 through E-6 and O-1 through O-3= \$20.00/year
- c. E-7 through E-9 and O-4 through O-5= \$30.00/year
- d. O-6 and above= \$100...just kidding, \$40.00/year.
- e. DOD and civilian employees of the Nevada Air National Guard= \$30.00/year

2. We want you involved in the re-modeling of the club. Not just in the form of labor and materials, we want your ideas. This is your club, what would you like to see? What other benefits would you like to be considered? One idea we have right now is to make the club organization themed, with a lot of C-130 (and secret squirrel from our southern brothers and sisters in arms) decorations. We're talking old airplane parts, pictures, plaques, and memorabilia from your unit travels. We may even entertain the idea of "Group" or "Squadron" areas that you decorate.

3. The "back room" will be re-modeled to create a quiet atmosphere where small groups can hold meetings away from the hustle and bustle of the large scale "problem solving" areas of the club in a Heritage themed, lounge like atmosphere.

More to follow but, in closing, we welcome any and all ideas as to how we can improve "Your" club. Please feel free to contact any board member or the SANGA manager with your thoughts, questions and ideas.

Liaison Officer:

LTC Robert Nicholas.....788-4539

Advisory Board:

Master Sgt. Lance Boekenooogen.....788-5461

Master Sgt. Roberto Fabela.....788-4724

Senior Airman Sean Bird.....788-4724

Master Sgt. Dean Long.....788-9440

Staff Sgt. Russell Tom.....788-4685

SANGA Manager: Senior Master Sgt. Lorne Hall.....788-4593



152nd Airlift Wing Airman and Family Readiness

2014 Nevada National Guard Youth Camp



This year's Youth Camp was held at Grizzly Creek Ranch, in Portola, CA where we hosted 62 Air and Army Guard Youth for a week of fun, education, and challenges. This camp brings our youth together by unifying them through team building exercises and simultaneously improving their leadership skills. The Nevada Guard Family Programs summer youth camp rotates locations annually. Last year's camp was held at Big Bear, California, for information on the 2015 camping season, call (775) 788-4585.

Key Volunteer/Family Readiness Group Appreciation Barbecue

On Saturday, July 26, 2014, The Nevada National Guard Family Programs held an appreciation barbecue at Caughlin Athletic Club, Reno, NV to say THANK YOU! to 65 great Americans that selflessly volunteered hundreds of hours on events like the NG Christmas Party, Easter party, Halloween party, and numerous other family events improving the quality of life of our Nevada National Guard members and their families.

These family support programs have continued to improve our work environment as well as provide support for family members. It is a "win-win" situation, supporting and mentoring our families enables us to accomplish our mission more effectively.

WHAT IS THE 152ND AIRLIFT WINGS KEY VOLUNTEER PROGRAM?

Key Volunteer Program: Our vision is to develop strong families and equip them to handle the challenges of life in the Nevada Air National Guard. The purpose of the Key Volunteer Program is to provide a basic foundation of training, education, and resources that encourages self-sufficient families during times of training, deployment, and mobilization.

Key Volunteer areas of focus:

- Care of military members currently serving
- Care of family members
- Care of children, youth, and young adults from military families
- Care of veterans
- Organize community support and awareness

Interested in becoming a Key Volunteer? Contact the Family Readiness office at 788-4585.

Upcoming Family Programs Events

Key Volunteer Meeting, 20 August 2014, 5:30PM (Wing Conf Room)
Integrated Delivery System, 21 August 2014, 1:30PM (Wing Conf Room)
Yellow Ribbon Event, 23 August 2014, 0800, Nugget, Reno, NV
ELKS Lodge Appreciation Party, 23 August 2014, Reno, NV
Air Guard Strong Bonds, 22-24 August 2014, Northern, NV
Volunteer Workshop: Date: 19-21 September 2014, Henderson, NV
ANG Family Day Event: 18 October 2014, Air National Guard Base
National Guard Family Halloween Party, Date/Location: TBD
National Guard Family Christmas Party, Date/Location: TBD

State of Nevada Military and Veterans Advocate Volunteer Workshop

When: 19-21 September 2014

Where: Green Valley Ranch Casino, Henderson, NV

Theme: "Preparing Today for Nevada's Tomorrow"

The following are examples of workshops available:

- *Resiliency Training
- *FRG/Key Volunteer Training
- *Working with Volunteers
- *Nevada Employment Programs
- *The VA Claims and Rating Process
- *Family Care Team
- *Nevada Benefits for military and veterans

****R.S.V.P by September 1, 2014**

Space is limited-RSVP early to ensure you don't miss this opportunity!

Call or E-mail Fred Barton at 788-4585 or fred.barton@ang.af.mil

What is eBenefits?

<https://www.ebenefits.va.gov>

The eBenefits Portal is a joint project between the Department of Veterans Affairs and the Department of Defense. eBenefits is a one-stop shop for benefits-related information for Wounded Warriors, Veterans, Service Members, their families, and their caretakers.

Veterans, Service Members, Retirees, and families of Service Members can register for an eBenefits account. As the site continues to develop, we will provide ever-increasing access to benefits-related information and resources.

Joining Community Forces (JCF): We continue to support the Joining Community Forces program, as we have done since 2011. The JCF is responsible for bringing together more than 75 various military, government, and community organizations across Nevada in an effort to better understand the services each group can provide for our service members and their families. The committee also works to identify service members and family members needs and gaps in service.

The Nevada National Guard JCF works directly with the NV Office of Veterans Services', Caleb Cage, to collaborate with the Green Zone Network Initiative (www.greenzonenetwork.org) to make both programs the best they can be.

JCF areas of focus:

- Fill service and information gaps by creating working groups, which will develop more structure within each specific category to help service members, veterans, and family members. The gaps include lack of services and reviewing what service members, veterans, and family members (SMVF) need by sharing best practices, community assessment, and engagement strategies. Assistance will also be provided coordinating with other partners.
- Connecting with people in the community at least once a week, to include the State of Nevada, i.e. Governor Sandoval, State Senate and Assembly. This will allow our local community to have a better understanding of what Nevada Joining Forces and the Green Zone network is all about.
- To create a forum to provide feedback after the assistance SMVFs received through Nevada Joining Forces. This will help us to make our Nevada Joining Forces Outreach with SMVFs the best it can be.

Frequently asked phone numbers at NAS Fallon and Plumb Lane

MWR

NAS Fallon
4755 Pasture Road, Building 308
Fallon, NV 89496
(775) 426-2550

Child & Youth Coordinator

Mr. Jeremy Murphy
(775) 384-5805
jeremy.p.murphy8.mil@mail.mil

Pony Express (NAS Fallon MWR)

(775) 426-2598

Resource Protection Team is looking for five volunteers to join our team.

The Resource Protection Team (RPT) provides assistance to Security Forces (SFS) personnel in times of natural disasters, civil disturbance or when short-handed during daily operations. They are provided the same qualification training which SFS personnel would receive. They work hand-in-hand with SFS personnel during President of the United States and dignitary visits.

Some basic qualifications to join the RPT are:

1. Must be a 5 skill level in your current AFSC
2. Must have your supervisors' approval
3. Must have at least 2 years of retainability
4. Must not have ANY domestic violence convictions

Benefits of joining are:

1. 4 extra AT/ST days per fiscal year
2. A Nevada RPT Ribbon (after 3 years)
3. Receive a SFS Beret (after completing 40 hour in-service training)
4. Get proficiency qualifications on multiple weapons systems

Interested parties should contact **Master Sgt. Reburn @ 788-4563**. Leave a message if no answer.

2014/15 Base Training Schedule

<u>Date / Time</u>	<u>Training</u>	<u>Instructor</u>
August UTA	Awards/Decorations	Dupree
	Airman Comprehensive Assessment (Officers/Top3)	
September UTA	OPRs/EPRs	Dupree
January 2015 UTA	School/CCAF	Norris
April 2015	Tuition Benefits	Hinen
July 2015	Fitness	Stoner
October 2015	TBD	

High Roller University



Develop future leaders by training airmen for success today

Yup, that's the official tagline, but High Roller University is an entirely new way to codify, schedule and carry out training. (Insert inspiring Star Wars theme music here.) All the training: ancillary training; CFETP training; newcomer's training; career development training. The fun stuff and the not so fun stuff.

It works with ARCNet and your unit training manager, but looks like a college course catalog. Choose which courses you need, when you need them, up to a year in advance. So easy, even a civilized Wookie can do it.

Talk to your unit training manager. Take control of your own training, your own schedule. Easy. Efficient.

Courses Include These Topics

Ability to Survive and Operate
AFSC Training
Ancillary Training
Computer Technology
Defense Travel System
Deployment Training
Emergency Management
Finance Operations
Fitness
Government Vehicle Operation

Inspections
Leadership and Management
Military Benefits
Personnel
Professional Development
Psychological Development
Safety
Social Media
Spiritual Development

PERSONNEL SERVICES VIDEOS

Need help on a personnel service? Electronic Learning Tools (eLTs) are videos designed to give an overview, or in some cases details, of a particular service or personnel process and provide instructions on what to do. They are available on the myPers website, mypers.af.mil, under the "I Would Like To..." section, at the link "View Personnel Services Videos [eLTs]," or the Air Force Portal, Career and Training Tab, www.my.af.mil.

There are two types of eLTs: mini and extended. Mini eLTs run from 3-5 minutes; providing a quick overview and a follow-along "how to." Extended eLTs are longer as they have more information and include "guide me, try me, and show me" features. Extended eLTs are on the Advanced Distance Learning System (ADLS) and include additional access requirements of a .mil computer and a CAC log on.

The eLT library includes topics such as an introduction to myPers, submitting online service requests, checking statuses of requests, correcting your military records, awards and decoration nominations, DD Form 214 procedures, and information on retiring and the retirement process. Check often for new ones. If you would like to suggest a topic, send an email to ngb.a1xo.kbm@us.af.mil with your recommendation.



1. MSgt Michelle Anderson
2. MSgt April Cochran
3. SMSgt Angela Ash
4. LtCol Shelly Assiff
5. MSgt Jessica Bean
6. MSgt Jeanie Beck
7. Ms. Sylvia Beck
8. Capt Amanda Brothwell
9. TSgt Sherri Clark
10. SSgt Jillian De Cair
11. LtCol Julie Dietrich
12. Capt Jennifer Evans
13. Capt Dana Grigg
14. TSgt Nidia Ituarte
15. MSgt Shara Izzo
16. 2Lt Jennifer James
17. LtCol Joann Meacham
18. LtCol Catherine Kanwetz
19. 2Lt Lisa Maciel
20. MSgt Paula Macomber
21. Capt Brooke Magee
22. 1Lt Leslie Mays
23. TSgt Nicole McCray
24. SSgt Kathy McEwen
25. A1C Rita Middleton
26. Col Barbara Morrow
27. Maj Hillary Moynihan
28. Ms. Lucy Sei
29. Capt Maryanna Shade
30. Chief Linda Simons
31. 2Lt Merridy Stephenson
32. TSgt Christina Sweat
33. MSgt Tracy Woodfolk
34. LtCol Shanna Woyak

How well do you know the female airmen on base? Here is your chance to test your skill! Match the 'eyes' with the names:



2Lt Maciel



LtCol Assiff



TSgt Ituarte



CMSgt Simons



LtCol Dietrich



TSgt McCray



MSgt Woodfolk



A1C Middleton



1Lt Mays



TSgt Clark



Ms. Lucy Sei



MSgt Beck



MSgt Macomber



Capt Magee



Capt Evans



MSgt Cochran



MSgt Bean



Capt Shade



SSgt McEwen



SMSgt Ash



2Lt Stephenson



Col Morrow



Maj Moynihan



Col Woyak



SSgt De Cair



2Lt James



Capt Grigg



LtCol Meacham



SMSgt Anderson



Capt Brothwell



LtCol Kanwetz



Ms. Sylvia Beck



MSgt Izzo



MSgt Sweat

!SAVE THE DATE!

Strong Bonds Retreats

for both the

Married and Single

August 22-24, Northern NV

Contact SSgt Rebecca Higgins
for registration details

X4651

(Cell) 775-338-5530

Becky.Joy.Higgins@gmail.com





Military OneSource Non-Medical Counseling

**Confidential...Private...Short-term...Available for up to 12 sessions...
...At NO COST to you**

All National Guard members and their families are eligible

Counseling services are available for:

- **Individuals**
- **Couples**
- **Families**
- **Children**

Many options to meet your needs:

- **Face-to-Face with a counselor in your community**
- **Telephone**
- **Online through Chat**
- **And other options available in the near future!**

Counselors can help with:

- **Coping with stress**
- **Family concerns**
- **Marital communication**
- **Dealing with family separations**
- **Parent/child communication**

Counselors are professional, licensed and knowledgeable about military life.

Call – 1-800-342-9647

www.militaryonesource.com

Satellite NCO Academy

Next class starts 25 August 2014

Course Information

The Satellite EPME Program is an alternative means of attending the NCO Academy. It is **NOT** a re-placement of the "in-residence" schools. It was specifically designed for those NCOs (ANG and Reserve traditional, AGR, Technicians, and active duty) who cannot attend the six-week, "in-residence" NCO Academy for whatever reason, but still want the education and experience of an "in-residence" training.

The NCOs attending the SatNCOA receive the same curriculum as those attending the in-resident schools, including the same writing, speaking, and testing requirements. They are subject to the *exact same standards* of academics, physical fitness, discipline, and professionalism as the in-resident students. The graduating SatNCOA students receive the same 10 college credit hours from CCAF and "in-residence" credit on their personnel records.

The difference between the Satellite schools and the in-resident schools is in the instructional delivery. The majority of the curriculum is taught by a pair of EPME Satellite Instructors via live satellite TV. A certified Site Facilitator follows up on the satellite instruction to ensure that students reach the appropriate level of learning.

Student

Application

Criteria

Requirements for Student Application are-

- Tsgt with Time in Grade
- Tsgt with time in service
- Need to have a 7 skill level
- Must have a passing Fitness score-valid through course completion
- Security Clearance Verification
- Commanders Approval.

There are only **14** seats available, A minimum of **8** Tsrgts is required to have a class.

All applications will need to be submitted **no later than** **12 July 2014**.

Applications will need to be submitted to Base Training. Contact SMS Martin Meinhardt at ext. 788-4511 or Ssgt Alex Norris at ext. 788-4538.

Where and When

Class will be held in bldg 500 (the Comm/Security Forces Bldg) in the upstairs secure conference room located on the east side of the building.

Classes will be held two nights a week, 4 hours per night, for 12 weeks. At the conclusion of the 12 week home station phase, the final 2 week in-residence phase of the course will be taught at McGhee Tyson ANGB, in Knoxville Tennessee.

Students are given a PT day for each class session during the home station phase.

Points of Contact

SMSgt Erich Kolbe, Lead Site Facilitator ext: 788-4641

SMSgt Rosie Marston, Site Facilitator ext: 788-4690

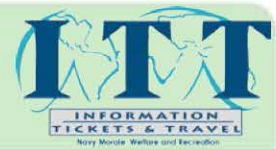
SMSgt Shawn Marston, Site Facilitator ext: 788-9314

MSgt Jason Aceves, Site Facilitator ext: 788-4518

MSgt Paul Hinen, Site Facilitator ext: 788-4543

Tsgt Kevin Sidley, Site Facilitator ext: 788-4638

ticket talk



NAS FALLON INFORMATION, TICKETS & TOURS PH: (775) 426-2275 / 2865 • FAX: (775) 426-2307

Phone orders are sent out via Fed Ex 1 day delivery for a nominal charge.

Prices subject to change. *If you do not see what you are looking for, please ask!*

Updated 7/12/2013

Disneyland	MWR Prices		Gate Prices + tax	
	Ticket Description	2013 ADULT 10 & Up	2013 CHILD Age 3-9	ADULT CHILD
	1 Day 1 Park- Black out 12/25-31/2013	\$91.00	\$85.00	\$92.00 \$86.00
	1 Day Hopper (exp: 12/31/13)	\$136.00	\$130.00	\$137.00 \$131.00
	2 Day 1 Park/Day (exp: 1/13/14)	\$172.00	\$159.25	\$175.00 \$162.00
	2 Day Hopper (exp: 1/13/14)	\$205.25	\$192.50	\$210.00 \$197.00
	3 Day 1 Park/Day (exp: 1/13/14)	\$208.75	\$194.00	\$225.00 \$209.00
	3 Day Hopper (exp: 1/13/14)	\$239.50	\$225.00	\$260.00 \$244.00
	4 Day 1 Park/Day (exp: 1/13/14)	\$231.75	\$213.25	\$250.00 \$230.00
	4 Day Hopper (exp: 1/13/14)	\$262.25	\$244.00	\$285.00 \$265.00
	5 Day 1 Park/Day (exp: 1/13/14)	\$245.50	\$226.25	\$265.00 \$244.00
	5 Day Hopper (exp: 1/13/14)	\$276.00	\$257.00	\$300.00 \$279.00
	Deluxe Annual Pass (1 st day of use by 12/31/13)	\$498.00 All ages 3+		\$499.00
	Premium Annual Pass (1 st day of use by 12/31/13)	\$668.00 All ages 3+		\$669.00
	SoCal City Pass (exp: 12/31/13) (3 day hopper @ Disneyland w/ 1 Magic Morning, 1 day @ Sea World & 1 day @ Universal Studios.	\$312.25	\$273.50	\$319.00 \$279.00

	<h1>Disneyland, CA</h1> <h2>3 Day Hopper \$122.75</h2> <div>Black out dates and restrictions do apply. Please see separate flyer for more details!</div>	<h1>Walt DisneyWorld, FL</h1> <div>4 Day Hopper, \$153.25 4 Day Water Park Fun & More, \$153.25 4 Day Hopper & Water Park Fun & More, \$180.75</div>	
	<h2>FLORIDA ATTRACTIONS</h2> <p><i>Tickets must be special ordered and can take up to 10 days for delivery.</i></p>		
<h3>Walt Disney World</h3> <p>'Magic Your Way' allowing for options!</p>		<p>Prices vary based on the options you choose!!</p>	
<h3>Universal Orlando -Special Military Salute tickets now available! Ask for details!</h3>			
<h3>Sea World / Aquatica / Bush Gardens</h3>		<p>Prices vary based on the options you choose!!</p>	

Ask us about great rates at select Walt Disney World and Disneyland Resorts!

NEVADA and CALIFORNIA Attractions	MWR PRICES		GATE PRICES +tax	
Wild Island Water Park in Sparks Wild Island Attractions: High Ballocity, Laser Maze, Outdoor Mini Golf, Black Light Golf, Indy Cars	\$21.75 (ages 4+) \$4.50		\$27.99 \$5.00-\$6.50	\$21.99
Churchill Arts Council Special Events- Various Dates	\$18.00		\$20.00	
Reno Aces Infield Reserved Seating Regular Season Mid July: Fan Fest, Home Run Derby & All Star Game!	\$15.25 \$6.00/\$14.00/\$18.00		\$16.00-20.00 \$8.00/\$18.00/\$23.00	
MS Dixie/ Tahoe Queen Emerald Bay Sightseeing MS Dixie/ Tahoe Queen Sunset Dinner Cruise	\$37.00 \$60.00	\$9.00 (3-11) \$23.00 (3-11)	\$47.00 \$75.00	\$10.00 \$25.00
Discovery Museum in Reno Ages 1-99	\$6.00		\$8.00	
Century Theaters Movie Tickets Save \$\$\$ for prime time showings after 6pm!	\$8.25		\$9.75	
GOLF (Tickets must be purchased by Active Duty) Fallon Golf Course Fallon Golf 10 rounds Punch Card Dayton Valley Golf Club	\$21.00 \$210.00 \$36.00		\$35.00 \$250.00 \$45.00	
See's Candy Gift Certificates (1 lb)	\$14.75		\$21.10	
Great America San Jose CA	\$35.75 (All ages 3+)		\$59.99	\$39.99
Knott's Berry Farm - expiration: 12/31/13 (Ch: 3-11; less 48"/Seniors 62+)	\$32.50	\$25.00	\$62.00	\$33.00
Legoland (San Diego Area) - Buy 1 day get the 2nd day FREE! 2nd day must be used by 7days of first use. Expiration 12/31/13	\$49.75 (All ages 3+)		\$98.00	\$88.00
Legoland Resort Hopper - Lego/Sealife/Waterpark PLUS FREE 2nd day. 2nd day must be used by 7days of first use. Waterpark opens 3/9/13. Expiration 12/31/13	\$59.50 (All ages 3+)		\$104.00	\$94.00
Medieval Times Buena Park CA - Also available in DC, FL, GA, IL, NJ, SC, TX, and Toronto, Canada; ask for additional pricing.	\$39.75	\$33.00 (0-12)	\$58.65	\$36.45
Monterey Bay Aquarium Adult (18-64) Senior (65+) Student (13-17) Child (3-12)	Ad \$33.50 / Sr \$30.50 St \$30.50 / Ch \$19.50		Ad \$34.95 / Sr \$31.95 St \$31.95 / Ch \$21.95	
Sea World Active Duty? Free + 3 @ www.herosalute.com	\$63.75 (All ages 3+)		\$78.00	\$70.00
San Diego Safari Park – Expiration 12/31/13. Pass includes Journey to Africa and Conservation Carousel. Active Duty FREE with valid ID	\$39.00	\$30.25 (3-11)	\$44.00	\$34.00
San Diego Zoo – Expiration 12/31/13. Pass includes Guided Bus Tour, Express Bus, & Skyfari Aerial Tram. Active Duty FREE with valid ID	\$39.00	\$30.25 (3-11)	\$42.00	\$32.00
Santa Cruz Boardwalk Unlimited Rides All Day + 2 attraction visits	\$32.50		\$40.90	
Six Flags Discovery Kingdom Vallejo CA	\$36.50 (All ages 3+)		\$59.99	\$39.99
Six Flags Magic Mountain Valenica CA	\$36.50 (All ages 3+)		\$64.99	\$39.99
Universal Studios Hollywood – Good for 12 months after first activation. Must activate by 12/31/13. 2013 Blackout dates: July 3-7, 13/14, 20/21, 27/28; Aug 3/4, 10/11, 31; Sep 1/2; Dec 21/22, 25-31. Blackout dates do NOT apply to Activation Date, only subsequent visits.	\$70.50 (All ages 3+)		\$84.00	



WALT DISNEY WORLD

New US Military Special Ticket Offers

Disney 4-Day Ticket with Park Hopper \$169.00

Military Promotional Tickets available September 29, 2013 - September 24, 2014

- ONLY Eligible Service Members or their spouses (but not both) with military identification, can purchase up to six tickets for themselves and other family members and friends for \$169.00 per person.
- "Eligible Service Members" include active or retired members of the U.S. military, including the National Guard, Reservists and the U.S. Coast Guard.
- No more than six (6) Disney Military Promotional Tickets may be purchased and (if applicable) activated by any Eligible Service Member or spouse (regardless of the place of purchase and whether purchased by that person or that person's spouse), and all six (6) must be purchased at the same time.
- These Tickets may not be otherwise transferred, distributed, or resold.
- One of the six (6) Tickets purchased must be for use by the Eligible Service Member or his/her spouse.
- Disney Military Promotional Tickets must be activated by September 24, 2014, and expires September 27, 2014.
- In addition, Disney 4-Day Military Promotional Tickets (including any options) for the Walt Disney World may not be used on the following block out dates: December 20, 2013 through December 31, 2013 and April 13-20, 2014, at all Walt Disney World Theme Parks and Water Park Fun & More locations; and July 4, 2014 at Magic Kingdom Park only.

**Active and Retired U.S. military personnel can save up to
40 % discount on rooms at select Walt Disney World Resorts!
Contact the Leisure Travel office to book these rooms.**

This offer is valid for stays most nights now through September 27, 2014, but is not valid at all November 28-30, 2013, December 23-31, 2013, and April 14-19, 2014 at Walt Disney World.

**Contact the Fort Rucker Leisure Travel office for more information.
334-255-9517/2997**

www.ftrucker.mwr.com/lodging/leisure-travel/

Information is also available at www.disneyworld.com/military



Hot off the Press!

Anheuser-Busch Announces

Here's to the Heroes

JANUARY 1- DECEMBER 31, 2014

* "Here's to the Heroes" is an Anheuser-Busch tribute to the men and women of our armed forces. Active duty and reserve soldiers, airmen, Marines, sailors and Coast Guardsmen, as well as foreign military personnel serving with U.S. units, qualify.

* Each service member receives a single free admission to any one SeaWorld or Busch Gardens park or Sesame Place for himself/herself and one each for as many as three direct dependents. The offer is valid for one park and one visit only from JANUARY 1- DECEMBER 31, 2014.

* Military personnel can register online at www.herosalute.com or fill out a registration form at the park. A valid DOD photo ID and the printed form you receive at time of registration must be presented at the gate.

* Dependents can visit the parks without their sponsor. Registration procedure and gate requirements are the same as above. Only the spouse of a service member is permitted to register. Minor dependents must redeem their ticket with an adult.

* Those not qualified for "Here's to the Heroes" can purchase discounted tickets to Sea World or Busch Gardens at the Leisure Travel Services.

**FOR MORE INFORMATION,
CALL Leisure Travel Services 255-2997**



Please Join Us in Celebrating

MXG

**CMSGT
BOB
BENTON**

**July 1980
December 2014**



34 Yrs

Retirements



32 Yrs

**SMSGT
COREY
BEATTIE**

**September 1982
October 2014**

**Fri, Oct 3rd
2014**

@ SANGA

**Drinks at 1800
(no host)
Dinner at 1900**

POC's

For Tickets & Info
Bright : ext 4749
Hensley : ext 4617
Gardner : ext 4572
Hunt : ext 4647
Kolbe : ext 4641
Cranston : ext 4613
Barron : ext 4656

**\$10 Amn-SSgt
\$15 TSgt-SMSGt
\$25 CMSgt-Officer
(\$10 for addl. Guests)**

DO YOU WANT TO FLY THE C-130?

There will be a Hiring Board for C-130 Pilots and Navigators over October Drill. We are looking for highly motivated, hard-charging individuals who want to join the best to undertake and excel at Undergraduate Pilot Training or Combat Systems Officer Training as an Officer in the Nevada Air National Guard. Applications must be submitted by 19 Sept 2014.

If you are interested in the opportunity to be the best and having the privilege of supporting our Soldiers, Sailors, Airmen and Marines fighting on the ground, contact the Board President, Lieutenant Colonel Tony Machabee (788-9448) or Captain Reed Kobernik (788-4709 or 520-465-8859) in the Ops Group.

Places we've flown to this year:

Africa Hawaii Normandy Norway Japan Alaska

Requirements:

- No older than 28 by October drill**
- Enrolled in your final Bachelor's degree semester**
- Competitive AFOQT Scores**
- Flight time preferred**
 - Call our Military Personnel Office at (775) 788-4509 to schedule test ASAP**

Satellite NCO Academy

Next class starts 25 August 2014

<p>Course Information</p> <p>The Satellite EPME Program is an alternative means of attending the NCO Academy. It is NOT a re-placement of the "in-residence" schools. It was specifically designed for those NCOs (ANG and Reserve traditional, AGR, Technicians, and active duty) who cannot attend the six-week, "in-residence" NCO Academy for whatever reason, but still want the education and experience of an "in-residence" training.</p> <p>The NCOs attending the SatNCOA receive the same curriculum as those attending the in-resident schools, including the same writing, speaking, and testing requirements. They are subject to the <i>exact same standards</i> of academics, physical fitness, discipline, and professionalism as the in-resident students. The graduating SatNCOA students receive the same 10 college credit hours from CCAF and "in-residence" credit on their personnel records.</p> <p>The difference between the Satellite schools and the in-resident schools is in the instructional delivery. The majority of the curriculum is taught by a pair of EPME Satellite instructors via live satellite TV. A certified Site Facilitator follows up on the satellite instruction to ensure that students reach the appropriate level of learning.</p>	<p>Student Application Criteria</p> <p>Requirements for Student Application are-</p> <ul style="list-style-type: none"> -Tsgt with Time in Grade -Tsgt with time in service -Need to have a 7 skill level -Must have a passing Fitness score-valid through course completion -Security Clearance Verification -Commanders Approval. <p>There are only 14 seats available, A minimum of 8 Tsrgts is required to have a class.</p> <p>All applications will need to be submitted <u>no later than 12 July 2014.</u></p> <p>Applications will need to be submitted to Base Training. Contact SMS Martin Meinhardt at ext. 788-4511 or Ssgt Alex Norris at ext. 788-4538.</p>	<p>Where and When</p> <p>Class will be held in bldg 500 (the Comm/Security Forces Bldg) in the upstairs secure conference room located on the east side of the building.</p> <p>Classes will be held two nights a week, 4 hours per night, for 12 weeks. At the conclusion of the 12 week home station phase, the final 2 week in-residence phase of the course will be taught at McGhee Tyson ANGB, in Knoxville Tennessee.</p> <p>Students are given a PT day for each class session during the home station phase.</p>	<p>Points of Contact</p> <p>SMSgt Erich Kolbe, Lead Site Facilitator ext: 788-4641</p> <p>SMSgt Rosie Marston, Site Facilitator ext: 788-4690</p> <p>SMSgt Shawn Marston, Site Facilitator ext: 788-9314</p> <p>MSgt Jason Aceves, Site Facilitator ext: 788-4518</p> <p>MSgt Paul Hinen, Site Facilitator ext: 788-4543</p> <p>Tsgt Kevin Sidley, Site Facilitator ext: 788-4638</p>
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